

AGING ADVISORY COMMITTEE

Wednesday, June 8, 2016

MaryAnn Miller, called the Aging Advisory Committee meeting to order at 9:20 a.m.

Roll Call

MaryAnn Miller, Harvey Grulke, Jan Duffy, William Hoekstra, Ivan Elms, Carolyn Flowers, Mark Roesch

Also Present

Kris Schefft, Stephanie Levenhagen, Pat Jacob, Amanda Higgins

Action on Minutes of the April 13, 2016 meeting

William Hoekstra motioned and Jan Duffy seconded to approve the minutes of the April 13, 2016 Aging Advisory Committee meeting. Motion carried.

Consideration to Deviate from the Agenda if needed

Mark Roesch motioned and Jan Duffy seconded to deviate from the Agenda if needed. Motion carried.

Public Forum

None

Aging Services Report

Kris gave report on the following Aging Services. Memory and Music is a program currently used in nursing homes and assisted living facilities with dementia patients. The ADRC staff are trying to incorporate this into community as a whole. Discussion followed. There were no fraud alerts available this time, instead a handout on Your Benefit News was distributed. Discussion followed. Kris gave a report on a bill changing "Family Care 2.0". This pertains to Long-term Care funding which is currently being looked at to be revamped. After discussion William Hoekstra motioned and Carolyn Flowers seconded that a letter be sent from the Aging Advisory Committee to the Dodge County Board of Supervisors and Dodge County Human Services and Health Department Board a resolution that shows our non-support for the revamping of the current Family Care. Also, to forward this letter of non-support to the Governor. Kris will work with John Corey on this resolution and bring it back to this committee at the August meeting for signatures. Motion carried. Kris reviewed with the committee the Supervisor's Data Report. Discussion followed.

Elder Benefit Specialist Report: Information & Updates on Regional Issues.

Amanda Higgins reviewed the Medicare Minute update. Amanda has a volunteer who will help with this program. The first presentation is July 21, 2016. Discussion followed.

Next Meeting

The next meeting of the Aging Advisory Committee will be held on **Wednesday, August 10, 2016**, at **8:30 a.m.** at **199 County Road DF in room G046** on the **ground floor** of the Henry Dodge Office Building immediately following the Nutrition Program Advisory Council meeting. The meeting dates were given for the rest of the year, they are October 12th, and December 14th. These are all at 8:30 am in room G046.

Adjournment

William Hoekstra motioned and Mark Roesch seconded to adjourn this meeting of the Aging Advisory Committee at 9:50 a.m. Motion carried.

Respectfully Submitted,

MaryAnn Miller, Secretary

Disclaimer: The above minutes may be approved, amended, or corrected at the next committee meeting.

AGING ADVISORY COMMITTEE

Wednesday, October 12, 2016

MaryAnn Miller called the Aging Advisory Committee meeting to order at 8:59 a.m.

Roll Call

Ivan Elm, Harvey Grulke, MaryAnn Miller, Mark Roesch

Also Present

Amanda Higgins, Stephanie Levenhagen, Caitlin Richardson, Kris Schefft, Jackie Wendlandt

Absent

Carolyn Flowers, William Hoekstra

Roll Call and Introductions

Introductions all of members present were conducted.

Consideration to Deviate from the Agenda

Mark Roesch motioned and Ivan Elm seconded to consider deviation from the agenda. Motion carried.

Action on the Minutes of the August 10, 2016 meeting

Mark Roesch motioned and Ivan Elm seconded to approve the minutes of the August 10, 2016 Nutrition Program Advisory Council meeting. The motion carried.

Public Forum

None

Committee member update

Jan Duffy has resigned from this committee as she accepted a different job. Although Larry Schraufnagel has been on the committee before perhaps he could join as a citizen member. Let Kris know of any interested parties to join our committee.

Aging Services Report

Kris Schefft reviewed the items as written in the *ADRC/Aging Services Supervisor's Report 2016* and the *Keep Our Care at Home* handouts. Discussion followed. Kris explained that the ADRC spent all Alzheimer's and National Family Caregiver Support Program (NFCSP) grant dollars and had requested additional funding from the state to assist in helping those in need. Catherine Knickelbein, Caregiver Program Coordinator, will be facilitating a Powerful Tools for Caregivers workshop. This workshop is a six week evidence-based workshop to give caregivers the confidence and support to better care for their loved ones as well as themselves. Catherine also plans on publishing quarterly one page caregiving newsletters. Kris provided a demonstration for members of this committee to explain how the hearing loops the ADRC has benefit folks who are hard of hearing. Kris also asked permission of all members of the Aging Advisory Committee to include their names in the upcoming ADRC newsletter which in turn was OK'd by all. Kris stated that funding was provided to the Aging & Disability Resource Center of Dodge County (ADRC) to update the lobby in an attempt to make the ADRC more visible in the communities as well as providing a welcoming and comforting place for folks to come if they need help finding resources. An Open House is planned for

Thursday, December 8, 2016 to showcase the new lobby and to provide literature about what the ADRC can do for you.

Elder Benefit Specialist Report Information & Updates on Regional Issues

Amanda Higgins explained that a two year grant was awarded to EQ Health Solutions who will now be publishing the Fraud Alerts, effective 10/1/16. Amanda stated that donation letters have started going out to participants who have received assistance from Amanda to give them the opportunity to donate to the program. Amanda also stated that the Medicare Annual Enrollment Period starts on October 15, 2016. Packets can go out to those who would like help finding or changing their Medicare plans.

Next Meeting

The next meeting of the Aging Advisory Committee will be held on **Wednesday, December 14, 2016**, at **8:30 am** at **199 County Road DF** in **room G046** on the **ground floor** of the Henry Dodge Office Building immediately following the Nutrition Program Advisory Council meeting.

Adjournment

Mark Roesch motioned and Ivan Elm seconded to adjourn this meeting of the Aging Advisory Committee at 9:25 am. The motion carried.

Respectfully Submitted,

MaryAnn Miller, Chairperson

Disclaimer: The above minutes may be approved, amended, or corrected at the next committee meeting.

Welcome!

Welcome to the first edition of the Caregivers Newsletter of the *Aging and Disability Resource Center of Dodge County*.

NOVEMBER is
National Family Caregivers Month

Here at the **ADRC** we support caregivers all year round.

Call us! 920-386-3580 or 800-924-6407



DO YOU:

Help your parents or another relative or friend clean the house?

Help someone pay their bills or keep track of their appointments?

Prepare meals for a friend or loved one?

Help your mom with her medications?

Care for your grandchildren because a parent is not able to do so?

Give rides, stop in and visit?

Worry when you have to leave a loved one alone?

If you answered **YES** to any of these questions,

YOU are a caregiver!

CAREGIVERS ARE HEROES

With the aging of the population, there are four types of people in the world:

- ✓ Those who have been caregivers
- ✓ Those who are currently caregivers
- ✓ Those who will be caregivers
- ✓ Those who will need a caregiver



Did you know...

You can get help from the **National Family Caregiver Support Program?**

- If you are 55 or older and the primary caregiver for your *grandchild* or other relative who is a child
- If you are a *grandparent* or other relative (not a parent) caring for a disabled person 19-59 years old
- If you care for someone who has been diagnosed with Alzheimer's, Parkinson's, Lewy Body or other dementia or memory loss
- If you care for someone who is over 60 and needs help with activities of daily living

- * the help you receive can be whatever is most helpful to you as the caregiver
- * the help can be regular, intermittent, or just once
- * training and support groups are available

~ Eligibility requirements do NOT include Income and assets

~ To find out if you are eligible call the ADRC and ask for caregiver support.



Watch for more help for **CAREGIVERS** –

New programs at the ADRC:

Powerful Tools for Caregivers – Coming in the spring of 2017, this 6-week evidence based class teaches caregivers ways to care for themselves so that they can give their loved one better care.

Share the Care – This program helps anyone with a life-limiting (health) condition find and organize community members, acquaintances, and family and friends into a care group to help them stay in their homes longer.

Music and Memory – This wonderful program helps “unleash” the power of music in lives.

Come to our open house on Thursday, December 8th to hear more about it.
For more information on any of these programs, call the **ADRC** at **920-386-3580**
and ask about the program you are interested in.



OPEN HOUSE

Thursday,

December 8th

12:00 - 4:00 pm

199 County Road DF

Juneau

**Come and see what the
ADRC is all about!**

Grandparents are our important connections to the past and they help to lay the groundwork for our futures.

Many Americans today have experienced first-hand the love, wisdom and caring that can only come from a grandparent. Many were raised at least in part by a grandmother who instilled values and principles that they still live by today. There is nothing that can compare to the cherished relationship that can exist between a grandparent and a grandchild.

Not only do grandparents play an important role within their families, sometimes they may find themselves back in the role of parent raising children due to unfortunate events. For many grandparents, stepping into a parental role again, means confronting new and different challenges than those they faced when they raised their own children. According to the 2000 U.S. Census, 4.5 million children are living in grandparent-headed homes. This is a 30 percent increase from 1990. Most grandparents raising grandchildren are between 55 and 64. Almost 25 percent are over 65. The Administration on Aging's **National Family Caregiver Support Program (NFCSP)** provides support for grandparents who are raising their young grandchildren. The program enables the Aging Network to address the unique needs of grandparents who step in to provide care for their grandchildren. For more information, contact the ADRC and ask about the National Family Caregiver Support Program

Adapted from articles by Womenshealth.gov and Edwin Walker, Acting Assistant Secretary for Aging and Acting Administrator, Administration for Community Living

My Favorite Caregiver Tips

Educate yourself about your loved one's condition and how to communicate effectively with doctors.

It is not so much your job to care for your loved one as it is to make sure he or she is cared for.

Caregiving is a job. Reward yourself with respite breaks often.

You have to care for yourself first. Keeping yourself healthy and happy helps you to do your best for your loved one.

When people offer to help, accept the offer and suggest specific things that they can do.

Watch yourself for signs of stress. Start your day with a routine that refreshes you. Some family caregivers start the day with time for reflection, prayer or meditation, or journaling.

Take time to laugh.



SOME BENEFITS OF ACCEPTING HELP

Reduces stress – caregivers have significant stress which can affect their own health

Enhances the joy of Caregiving – makes it possible to focus on something besides “the task at hand”

Improves relationships – Spend time away with other friends and family. It's good for you and good for everyone else in your life.



Powerful Tools for Caregivers Can Help.

Caring for a family member or friend with a chronic condition can be physically, emotionally, and financially draining. This highly effective, evidenced-based, self-care educational program for family caregivers, builds the skills caregivers need to take better care of themselves as they provide care for others. Caregiver participants learn to minimize the potentially negative impacts of caregiving in a six-week program emphasizing self-care and empowerment. Research on *Powerful Tools for Caregivers* has consistently shown increased self-efficacy for caregiver participants. In 2012, the PTC program was

recognized by the Administration on Aging as having met its highest level criteria for evidence-based programs.

Improve the lives of family caregivers in your community...

Powerful Tools for Caregivers has served caregivers of adults with chronic conditions since 1998. After successful pilot classes over the last few years, PTC is pleased to be expanding the population of caregivers served to include caregivers of children with special health and behavioral needs (including minors and adult children). Please note separate scripts for these distinct caregiving populations are used. The program's self-care emphasis remains the same. The examples and scenarios with the tools and a new DVD have been tailored to address the specific needs of each caregiver population.

Caregivers benefit from the PTC 6-week series of classes whether they are:

- Spouses/partners of an adult with a chronic condition
- Adult children of aging parents
- Parents of children with special health and behavioral needs
- Grandparents raising grandchildren with special needs
- Long-distance caregivers
- In differing stages in their caregiving role
- From diverse rural, urban, or ethnic communities
- English, Spanish, and/or Korean speaking



Powerful Tools for Caregivers Classes:

In the six weekly classes, caregivers develop a wealth of self-care tools to: reduce personal stress; change negative self-talk; communicate their needs to family members and healthcare or service providers; communicate effectively in challenging situations; recognize the messages in their emotions, deal with difficult feelings; and make tough caregiving decisions. Class participants also receive a copy of [*The Caregiver Helpbook*](#), developed specifically for the class.

“There was a common bond. We were all dealing with some of the same issues. We shared our stories and learned ways to cope. I learned that it was important to take care of me.”

— PTC Caregiver Class Participant

For additional information about the program, please call the ADRC (920)386-3580

Classes start March 15th at the Juneau Public Library

ADRC Funding:

Two major sources

ADRC (State, no county tax levy)

- Resource Specialists
- Disability Specialist
- Dementia Care Specialist (grant only, tenuous with renewing)
- Support Staff
- Supervisor

Aging Grant (known as Older Americans Act, Federal money with some county levy)

- Elder Benefit Specialist
- Caregiver Program Coordinator
- Nutrition Program (pays for staff and services)
- Support Staff
- Supervisor

The Caregiver Program Coordinator uses two grants to provide services:

- National Family Caregiver Grant (under the OAA grant)
- Alzheimer's Family Caregiver Grant

The Elder Benefit Specialist uses many grants including:

- SHIP (State Health Insurance Program)
- SPAP (Seniorcare)

DOT provides the grant to fund Transportation Program (pays for staff and services)

We also have a limited term Dementia Crisis Innovation Grant that runs through the end of June 2017.

This funding has supported a lot of dementia education, Music and Memory, 10 hours per week additional staff time for our Caregiver Program Coordinator for 6 months, the ability to reach out to First Responders and provide training.

Our staff overlap and complement each other, such as ADRC staff teaching classes, which is generally funded through the Aging Grant. And sharing Aging staff to implement the Music and Memory program. And Support Staff are shared equally.

We have two supervisors in the ADRC, and co-supervise the department and the many funding sources.

ADRC/Aging Services Supervisor's Report 2016

Activities Reported	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	Totals
Total Case	16	38	50	37	34								175
Senior Care Cases	1	3	6	3	2								15
Medicare Part D Cases	3	6	13	5	11								38
Client Contacts	26	49	53	57	62								247
Medicare Workshop	n/a	6	10	n/a	17	6	7	n/a	13	n/a	n/a	n/a	59
Information & Assistance	14	21	24	26	33								118
Home Visits	0	1	4	1	5	2	6	8	6				33
Office Visits	2	9	13	9	12	11	5	7	5				73
Site Visits	0	2	5	5	4	3	5	5	5				34
Pro Bono Clients Seen by 11	2	3	3	2	0	n/a	2	5	6				23
Volunteer Attorneys													
Clients and their family members served	8	8	7	5	5	6	8	10	11	11	10		89
Expended to provide assistance	\$1,054	\$1,025	\$1,090	\$1,254	\$1,303	\$1,349	\$1,618	\$2,328	\$2,222	\$2,675			\$15,918
Caregivers served	11	13	11	12	15	14	10	10	10	6	6		118
Expended to provide assistance	\$1,951	\$2,848.00	\$1,960	\$2,792	\$4,231	\$3,387	\$2,947	\$3,434	\$4,314.00	\$1,236			\$29,100
Clients Served	59	51	56	59	63	63	50	50	61	61			573
Cases	61	51	56	56	63	64	51	51	62	62			577
Medicaid (includes ACA)	9	12	10	10	9	12	9	7	6	9			93
Medicare Part D	4	6	4	4	4	7	4	4	2	7			46
Other Medicare	1	3	3	3	5	7	6	8	4	10			50
Social Security Insurance and Disability Insurance	40	30	36	39	44	41	34	33	40	40			377
Benefit Checkup	7	7	5	5	4	6	3	2	4	3			46
Other	4	11	5	6	1	5	3	4	2	2			43

Elder Benefit Specialist:

Alzheimer's Program:

Family Caregiver Support:

Disability Benefit Specialist: